

thePost

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NEWSNOTES



Annual Tree Lighting Ceremony Dec. 1

The Fort Dix Annual Tree Lighting Ceremony will be held at Wurman Hall Dec. 1 at 4:30 p.m. The ceremony will include a Lighted Candle Tribute to the military, a bike raffle, lighting of the post Christmas Tree and a visit from Santa Claus. Refreshments will be served, and all are invited to attend.

Flu immunizations set for GS civilian employees

Flu immunizations will be administered for GS civilian workers, no contractors, at Mills Clinic Tuesday, Nov. 28, from 8 a.m. to 4 p.m.

Flu shot and flu shots will be given. Those who are younger than 50 years of age and do not have contraindications such as diabetes or asthma, will receive flu shot.

There is no scheduled makeup date, so eligible employees must make every effort to get the shot on Tuesday.

Recipients must show their ID card to receive the immunizations, and be prepared to wait 15 minutes after receiving to deal with any possible adverse reactions.

Topic requests sought for Town Hall sessions

The Plans, Analysis and Integration Office is seeking suggestions for topics of interest to the workforce and tenant senior leaders for the December Town Hall meetings. Specific topic suggestions may be e-mailed to andre.mixon@dix.army.mil.

The Tenant Town Hall Meeting is set for Dec. 4 at 2 p.m. in the Command Conference Room; the Installation Town Hall is Dec. 5 at 3 p.m. in Timmerman Center.

\$30,000 Combined Federal Campaign underway

The 2006 Combined Federal Campaign is underway on Fort Dix, and donors have so far contributed more than three-quarters of the \$30,000 goal set for the post.

The annual campaign allows donors to select charitable organizations to support during a one-a-year drive on post, and ends Dec. 6.

For more information on the campaign or to donate, check with the campaign representative for your organization or call Rod Martell at 562-2186.

WEATHER

THURSDAY -- Chance of rain, mostly cloudy with high near 50 degrees. Overnight low of 43 with more rain.

FRIDAY -- Chance of rain, cloudy, high of 52. Overnight low of 44 degrees.

SATURDAY -- Partly cloudy, high near 60, overnight low of 39.

SUNDAY -- Mostly sunny with a high near 58, partly cloudy late evening, low of 38 degrees.

Holiday exodus rolls

1st Lt. Antonia T. Greene
PAO, 5th BDE, 1A-E

By noon Nov. 21, Tuesday, all troops occupying Forward Operating Base Tiger (a field training site for pre-deployment soldiers at Fort Dix) left the outdoor conditions for the comforts of garrison and a Thanksgiving holiday.

The close to 800 troops who've been living at FOB Tiger for the extent of their pre-deployment and mobilization training, (anywhere between 65 and 125 days - depending on their mission) are now taking what the Army calls a tactical pause.

When talking with the "Bulldog Soldiers" of Bravo Company, 194th Combined Arms Battalion, the well-deserved break couldn't have come at a better time. The soldiers just completed their culmination exercise or ARTEP (Army Readiness Training Evaluation Program) and will not be returning to the field with their fellow deploying comrades.

Bravo Company is comprised mostly of Minnesota and Wisconsin National Guard soldiers who will be spending their four-day pass in the Northeast.

(continued on page 3)



Pascual Flores

FINAL CHECK -- Staff Sgt. Jason Otto conducts final vehicle inspections with Spc. Brent Haataja as Soldiers at Forward Operating Base Tiger clear the field and head in for a four-day holiday pass.

Soldier support tops at Walter Reed

Wayne Cook
Fort Dix Public Affairs Staff

For 15 members of the Mobilization Readiness Battalion staff leadership, life became a little more real Nov. 17.

Lt. Col. Cynthia Palinski, battalion commander, organized a staff visit to Walter Reed Army Medical Center (WRAMC) because she wanted to take the opportunity to recognize some of the staff members at the medical center for their outstanding support they have

provided to Soldiers from Fort Dix. She also wanted her staff to have the chance to meet with some of the Soldiers who are being treated for war wounds at the facility.

"You really have two choices when it comes to how you view what our Soldiers are going through at Walter Reed -- you can focus on the fact that the Soldiers have sacrificed a lot and you can have a negative attitude about it, or you can have a good attitude when you see the positive attitudes of the wounded Soldiers as they are rehabbing through

physical therapy and occupational therapy," Palinski said.

"I am appreciative that WRAMC is a world-class hospital and of the high level of care the hospital staff provides for our Soldiers. After our visit, I have a greater appreciation for the staff at Walter Reed for the care and professionalism they extend to our Soldiers. It was also really nice to see how grateful the recipients of the awards were to be recognized by us. They usually are the ones who are forgotten when accolades are handed out," she said.

The morning started early as the MRB Soldiers gathered for the three-and-a-half-hour ride to Washington D.C. For many of them, this was their first visit to WRAMC since being mobilized at Fort Dix or during the war. Others had already spent some time visiting with the Soldiers at the hospital.

Once the group arrived at the medical center, they were met by Sgt. Maj. James Clark, liaison between the MRB and WRAMC, and Sgt. 1st Class (continued on page 4)

DoD official cites success of volunteer US military

Jim Garamone
American Forces Press Service

WASHINGTON, Nov. 20, 2006 -- Citing the all-volunteer force's success, a senior Defense Department official said today that a draft would diminish the quality of U.S. forces and put more of the burden of service on the nation's poor.

"I think the draft is opposed by anybody who has given it serious thought," said Bill Carr, deputy undersecretary of defense for military personnel policy.

New York Rep. Charles Rangel -- in line to be the next chairman of the powerful Ways and Means Committee in the House -- said he will introduce legislation in the next session of Congress to reinstate the draft.

Carr said the draft is not cost-effective and would force the military to lower its standards for recruits.

A Government Accountability Office report, he said, estimated that a draft would add \$4 billion in annual costs to DoD.

Because draftees usually spend the minimum time they possibly can in the military, the services would have to pump more money into training and would get less return on their training investments than they do with the all-volunteer force, he explained.

One argument often put forward for reinstating the draft is that it would make the military more equitable.

But Carr said such equity would lower the force's quality.

"I think that it would make the military more average, and the military is considerably above average today," Carr said.

"Two-thirds of our recruits are from the top half aptitude (range), whereas an average or equitable share would be only half. Moreover, we draw disproportionately from the middle class and the upper class. The underrepresented (in the military) are the

(continued on page 3)



Carolee Nisbet

Giving by the brown bagfull

Sol Annunziato and Dave Charneco, St. Joseph's Parish Knights of Columbus, bag food for Thanksgiving dinners and more Nov. 18 at the Main Chapel. The sacks of food, along with a certificate for a turkey redeemable at the Commissary, will be distributed to families in need of assistance during the holidays. The food was collected and donated through Army Community Service, which runs a year-round Food Pantry to help families meet emergencies.

Visit Fort Dix on the Internet at <http://www.dix.army.mil>

delectations

Chocolates stir consuming passions

There are some passions that consume you and some passions you consume. And then there is chocolate.

At least that's true for visitors to the ninth annual Salon du Chocolate held November 10-12 at the Metropolitan Pavilion in New York City. This annual November event is dedicated to one of the world's most wonderful and decadent foods and draws tens of thousands of devotees of the "food of the gods." They gather to sample, to mingle, to learn from the confectionary masters and to generally bask in the global glory of this consuming confection.

This was my third foray into the big city to eat the "good stuff" and an adventure I heartily recommend to anyone who responds to the word chocolate with a "Yes please." But kindly leave your preconceived notions about what kind of chocolate you like at home; the whole point of the show is to try new things. And please leave the little kids at home too. While there is a special section set aside for children, the show gets crowded, little people get antsy and there is alcohol flowing both in its liquid form and in some potent bonbons. However if you have an older budding pastry chef at home, one who is an avid Food Network watcher, then Chocolate Show is a perfect opportunity for them to get to meet their favorite celebrity chefs. Cooking demonstrations are on-going during the show. Visitors get a chance to mingle with the likes of Wayne Harley Brachman and Keegan Gerhard, probably best known for being the emcee of all the Food Network Challenges shows. On the whole, chefs are very approachable and don't mind hanging out answering questions.

While candy is certainly the highlight of the show, this year there was a larger number of business selling non-chocolate items as well, it seems every chocolate business now has to have a t-shirt with a company logo or pity saying. Barnes and Nobles also has a large selection of chocolate related books for sale. They also sponsored book signings and meet the author events during the show. This year cosmetic companies Shesora and Palmers offered massages, makersover and full sized samples of very tasty cocoa butter lip balm.

While it may seem that chocolate and beauty make strange bedfellows, the beautiful people abound at Salon du Chocolate. The Chocolate Show opening gala is a chocolate fashion show, where the biggest names in the confectionary world team up with the stars of the fashion world to create chocolate couture. These garments are made entirely of chocolate.

Chocolate inspires you to be pretty inside and out. That is because chocolate is good for you. The old wives' tales that chocolate gives you bad skin and cause cavities have long been debunked. There has been no link to chocolate and acne.



photo courtesy of Stephanie Kornblum representing the Hall Company

CHOCOLATE CHIC - The Chocolate Show in New York City not only featured dazzling concoctions of the ever popular candy but fashion shows, too, which blended models, music and chocolate in displays that could have only been designed by urbane fashionists with a chocophile bent.

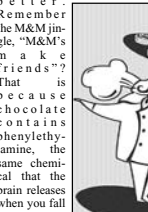
guest gourmand



Jennifer McCarthy
Public Affairs Staff

And as far as rotting teeth goes, chocolate actually is mildly anti-septic and can prevent decay.

There has been a lot of media attention lately given to the benefits of eating chocolate, particularly dark chocolate. Anytime something viewed as sinfully indulgent as chocolate can be made good, it is newsworthy. While the beneficial properties of chocolate have been touted for more than 3,000 years, it was less than ten years ago that science got on the band wagon and discovered that dark chocolate contains the same heart-healthy benefits found in red wine. Scientists also proved what any one with a broken heart knows, chocolate makes it better.



Remember the M&M's n a k e friends? That is because chocolate contains phenylethylamine, the same chemical that the brain releases when you fall in love. That is not the only powerful chemical that chocolate is composed of. Studies have also recently indicated that Theobromine, the active ingredient in chocolate that makes it so healthy, is better at inhibiting coughs than codeine.

Chocolate cough syrup may not be too far off in the future. But before you decide to trade-in broccoli for Milk-Duds be aware that health benefits found in chocolate pertain mostly to dark chocolate and the darker the chocolate, the better for you. How do you know how dark to go? A trip to any grocery store will reveal a growing trend in chocolate packaging - numbers. The days when chocolate just came in milk, bittersweet and dark are fading quickly. Today's savvy shopper will need to know if a 37 percent will do for that cake or if you are better off going with a 77.

So what do all those numbers mean? The percentage on chocolate refers to the ratio of cocoa solids and cocoa butter to the remaining weight of other ingredients such as sugar. The higher the number, the higher the amount of pure cocoa and the darker the chocolate. By law chocolate must contain at least 10 percent cocoa solids. It is rumored that a Hershey Bar contains 11 percent cocoa solids, barely making it chocolate. Good quality milk chocolate hovers around 40 percent. Some chocolate manufacturers make a dark bar that contains as much as 99 percent pure cocoa. White chocolate technically is not chocolate as it contains no cocoa solids just cocoa butter. While we all know chocolate comes from the bean, a co-worker's candy dish or from an apologetic spouse how did it become a consuming passion for so many people?

The Mayan Indians are typically awarded the honor of having been the first people smart enough to crawl up an innocuous looking tree in the Yucatan Peninsula and shake down the green football shaped pods, smash them open and then roast and eat the seeds inside. As far back as 600 A.D. they had discovered just how wonderful those toasted seeds of the *Theobroma cacao* could be. Mixed with water and spices such as chili, the resulting beverage was the stuff of Gods and royalty. So revered was the drink that the cacao seeds were used as a form of currency, four seeds could buy you a pumpkin, 10 would get you a rabbit. The Mayans had a complex trade system, venturing as far as Mexico and introduced Aztecs to this magical beverage.

In 1517 Spanish explorer Hernando Cortes set sail for the New World and all the glory and gold it contained. He landed on the Mexican coast and ventured into the interior of the country where he encountered the Aztecs and their emperor Montezuma. It was Montezuma who introduced Cortes to the drink, "chocolatl." By 1521, Cortes had decimated the Aztec empire and in 1528 he returned to Spain to claim his glory and to share with the Spanish court a fabulous new drink. It did not take long for "chocolate," to become fashionable among the Spanish elite, who adjusted the recipe to suit their taste by replacing the chilies with cinnamon and heating it up. It took nearly a century though for the heavily guarded secrets of this drink to make it's way across the rest of Europe.



But eventually the continent caught on, thanks in part to the 1615 marriage of the daughter of Philip II of Spain to King Louis XII of France. The French eagerly adopted the new drink, touting its medicinal benefits as well as its nourishing effects. Soon the French began setting up cocoa plantations in Haiti and Cuba to meet demand and before long other countries caught on. Around 1700 English doctor Hans Sloane, discovered that adding milk to the drink made it even better and soon chocolate houses were springing up all over Europe.

For nearly 200 years chocolate was enjoyed but at tasty bars as a beverage until 1847 when Fry and Sons of Bristol, England introduced the first solid bar of eating chocolate.

According to the Chocolate Manufacturers Association, the Swiss lead the world in chocolate consumption, eating 22.36 pounds per person a year. The United States consumes 12 pounds a person a year. Since World War II, chocolate bars, particularly the "Great American Chocolate Bar," Hershey's was included in a Soldiers ration. During World War II, Soldiers would melt the bars, combine it with canned milk and snow to make a version of chocolate "snow cream." Soldiers in the Pacific introduced chocolate to Japan. While Asian countries traditionally eat little chocolate, that is quickly changing, one of the most popular booths at Chocolate Show is a Tokyo-based firm called Mary's. This company, whose product are only available in the United States during the show, combine the best of the orient with the occident. Each bonbon is a miniature work of art crafted in front of the crowd. Flavors such as green tea and lychee effortlessly mingle with ganache, a mixture of cream and chocolate.

While Mary's is not available in this country on a regular basis there are many excellent confectioners that are. Knipschildt has a line of chocolates named after women,

each candy supposedly reflecting a woman's personality. Jennifer is a marzipan and pistachio truffle enrobed in dark chocolate and topped with pistachio. She is, "a bit nutty but really quite sweet. Never being a big fan of pistachio I did not bring home my namesake but we did bring home a Hannah for our Hannah, also known as a soft caramel covered in dark chocolate with a crust of sea salt. Our Hannah, who is also soft but rarely ever crusty, found the candy to be too salty. While his chocolates did not convince me to drop down and worship at his feet, or more importantly open my wallet to drop a lot of cash, his packaging did.

Knipschildt's Hannah is a soft caramel covered in dark chocolate with a crust of sea salt. Our Hannah, who is also soft but rarely ever crusty, found the candy to be too salty. While his chocolates did not convince me to drop down and worship at his feet, or more importantly open my wallet to drop a lot of cash, his packaging did.



The Marquise de Sevigne booth was not the most cutting edge, no dripping chocolate fountains or t-shirts with pithy sayings on display. Instead it had two nattily dressed, silver-haired French men who seemed to emanate a cool Euro-chic vibe, which is what this French upscale candy store is all about. When I approached the booth, one of the dapper gents was trying to convince a woman to try a bar of the caramel and salt. She declined, saying that it was too exotic for her. Now I was under the impression that you come to trade shows such as this to try new things. If I wanted to eat a Mr. Goodbar I would have saved myself the \$25 admission fee and gone to the 7-11 instead. That woman being so unwilling to embrace a new experience provoked me. To spite her and to prove that I was not a pedestrian, I came home with a bar of everything they had.

Good chocolate should be consumed at the right time; which for me is most anytime. I sampled the bars while at the movies watching the new James Bond film. Did I love the bars? No, not really but I didn't hate them. The lemon was the best. And the chocolate and salt, well, that lady will never know what she missed.

Searching for something beyond the quotidian box of chocolates this holiday season? Check out some of the following past and current chocolate show participants:

Martine's
www.martineschocolates.com
A box of chocolates the way a box of chocolates should be. It is pink and pretty. What I like best are her unique shapes like chocolate sphinxes and pyramids, pianos and cellos. Since Martine's uses only the freshest ingredients her chocolates do not keep long. Martine's Chocolates is located on the 6th floor of Bloomingdale's in New York City and can be ordered online.

Jacques Torres
www.jacquetsttores.com
Torres may be familiar to some from his show Desert Circus on PBS or the Food Network. Torres has his own chocolate factory in Brooklyn and now in Manhattan where he goes from cocoa bean to packaged box. He is famous for his Tattinger Champagne truffles and hot chocolate. Sometimes he answers the phone when you call to place an order.

Michel Chizeul
www.chocolatmichelchizeul.com
Known as perhaps the best chocolate in the world, Chizeul offers tasting bars so you can compare the subtle nuances of chocolate from Papua New Guinea to that from the Dominican Republic. His caramel mushrooms are among the best things on the planet. They now have a store in New York City with a liquor license allowing them to sell candies filled with actual alcohol.

From Fort Dix's Commander

For many of America's Soldiers and civilians, Thanksgiving this year will be stripped of the traditional gatherings with families and friends. The war in Iraq, continued deployments to Afghanistan and many other missions have our Soldiers on guard around the world, and training and mobilization take precedence over holiday celebrations.

From another perspective, the hardships endured focus us on our true blessings.

Turkey dinners are great, but even the leftovers are soon gone. Parades and football games grab our attention for a few hours, but they are only distractions - part of the day, but not the thanks. It's freedom that endures, and freedom for which we must be thankful. Along with the values we cherish - loyalty, duty, respect, selfless service, honor and personal courage - freedom is the basis for all the rest.

Soldiers demobilizing at Fort Dix have seen first hand what happens when freedom is denied. Religious and ethnic intolerance take over. Violence becomes the norm. Life is replaced by the struggle to just survive.

And we have all seen the terror and carnage wrought by those who value power over freedom - nations ruled by fear and people crushed by indifference to human life.

So this year, wherever we celebrate Thanksgiving, let us be grateful for the basics, and for those who sacrifice to keep America free.

Col. R. David McNeil
United States Army
Commanding



cover of The Saturday Evening Post, Nov. 29, 1924

America is still the one, pilgrim. The land of the pilgrims pride, the land where our fathers died. Have a happy thanksgiving. That's an order!

Secretary of Army urges safety over Thanksgiving

In 1789, President George Washington declared the first Day of Thanksgiving. Years later, with America engaged in a costly civil war, President Abraham Lincoln revived what is now an annual tradition.

As American Soldiers, Army civilians, and their families pause to consider and rejoice in our many blessings, we are personally thankful for your hard work and dedication in defense of America's ideals and liberty.

Your efforts in this time of war are as monumental as they are critical.

Sergeant Major of the Army Preston joins us in wishing each of you a joyous and safe Thanksgiving holiday.

Because hazards increase with personal travel, it is important that you concentrate on safety, check your equipment, increase your risk mitigation efforts, and remain defensive at all times.

Plan ahead and don't be in a hurry to arrive.

Commanders and first line leaders must continue to take an active role.

The Army Safety Management Information System-2 (ASMSI 2) privately owned vehicle (POV) risk assessment is a proven tool to help identify travel hazards and implement risk controls. <https://cc.army.mil/home/>. Ensure risk assessments and safety awareness briefings are completed prior to Soldiers travels.

Leaders must stay engaged to eliminate loss.

The combat readiness center stands ready to assist.

Visit <https://www.crc.army.mil>.

Army Strong!

The honorable Francis J. Harvey
Secretary of the United States Army

the Post

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Dix adds second vehicle x-ray to security system

Fort Dix doubled its x-ray security capability this month with the addition of a second machine to inspect vehicles and cargo passing through the truck gate off Saylor's Pond Road. A tractor-trailer proceeds through the Vehicle and Cargo Inspection System at Check Point 9, below, as the system checks for explosives and illegal contraband. The image appears on a computer screen, left, in detail. The system was installed at the Dix/McGuire Truck Gate after 9/11 to aid the DOD Police to enforce heightened security measures in support of the Global War on Terrorism.

Ryan Morton

Volunteer force a success —

(continued from page 1)
poor. A draft would only shift the burden toward the poor."

Proponents for the draft say that the military cannot make the all-volunteer force work. This belies 33 years of experience, Carr said, noting that all services continue to make the

recruiting goals and the recruiters continue to draw "above-average, exceptionally well-qualified young people."

Retention is the best it has ever been, Carr said.

Under the draft, two-thirds of the military were in their first two years of service. Today,

two-thirds of the men and women in the force have served at least six years.

As to whether there's enough Army for the jobs around the world — the 3rd Infantry Division headquarters, for example, will begin its third year-long rotation to Iraq next year — Carr said making the military larger has drawbacks.

"If you have a large number of rotations, you could stand to have a larger military," Carr acknowledged.

"But, what goes up inevitably must come down. If we were to grow the military and find ourselves in a few years shrinking it, that is one thing military leaders fear, because of the bond we created with those who joined us."

If the Army temporarily needs more people, then the president can call up the reserve components, Carr said.

If the idea is to make the active duty Army larger, then the military would find itself shedding people in the future, he said.

The services are working to make the most of their current ceilings on uniformed members by converting manpower authorizations that don't require a person in uniform to civilian positions, Carr said.

This approach, he explained,

puts more military people into uniquely military positions and increases the number of Soldiers in the deployable force while maintaining the level of support needed to keep standard operations moving.

Proposals to reinstate the draft certainly create debate in America, Carr noted. "But the debate inevitably comes to the conclusion that America won't have (a draft), and the military would resist it because it's going to lower our performance," he said. "The all-volunteer force is successful beyond the wildest expectations of its framers."

Exodus speeds Soldiers away for holiday

(continued from page 1)

Several Soldiers shared their plans for visiting New York, the site of one of the September 11 2001 attacks on America, ensuring they keep close the very reason for their continued service in the Middle East and the enduring war on terrorism.

Other Soldiers have planned a three-night stay in Atlantic City, in hopes of living it large before deploying to the Al Anbar province.

Staff Sgt. Jason Otto is among the few Soldiers heading home for the holiday.

The majority of his company have already said their "good-byes" during traditional home station farewell ceremonies, but for Otto, a "hello" is more appropriate. If all goes well, Otto will be welcoming his new baby girl into the world later this week. According to Otto, the downtime is certainly, "... a perfect ending to a long hard four

months."

Come next week the remaining units still in pre-deployment status will return to FOB Tiger and carry on business as usual.

The Soldiers and officers of 5th BDE, 1st Army East (the mobilization training component at Fort Dix) will resume normal operations.

More than 80,000 Soldiers have mobilized and demobilized through Fort Dix since Sept. 11, 2001.

**Attention
All Military
Personnel**

**The USO
is Here to Help
YOU!**

Do You Need Something? The USO of Pennsylvania and Southern New Jersey might have it! We have many items, which have been donated for our military members. All you have to do is ask!

email Kathy Hardy at khardy@libertyuso.org / 1-267-259-7523



Soldier support at Walter Reed

(continued from page 1)
Joseph Lowe, liaison for WRAMC, who split the group in half and took them to visit the physical therapy and occupational therapy departments.

In the Physical Therapy Department, many Soldiers were going through their regimes of rehabilitation and the inspiring thing about it was how hard they were all working at their therapy and that not one Soldier was complaining about his or her situation.

The group received a briefing on the evolution of prosthetics and the advances that computers have made in the way they operate. Because of these advances, Soldiers who use them have much more freedom of motion and movement.

The Soldiers from the MRB learned of the different activities and sports that are available to the patients, such as rowing, skiing, swimming, track, biking, and others.

There is even a Soldier that is going through rehabilitation who is being sought after hard by the Para-Olympic committee because of his physical abilities.

It was also shared with the group that 16 - 18 percent of the Soldiers who have rehabbed through WRAMC have requested to return to duty with the military.

Over in the Occupational Therapy Department, the group from Fort Dix was briefed on the many different programs in place to help develop the motor skills and abilities of the patients so they can function on their own with little or no assistance. They relearn skills that can help them in the home and in the workplace.

The department has a room set up as an apartment, complete with bathroom, kitchen, bedroom area, and living room so that the Soldiers can learn to readjust and learn to take care of themselves in their own environments. They learn to be able to get in and out of bed by themselves, move around the kitchen and use tools and appliances safely, be able to use the bathroom and get cleaned by themselves, and be able to operate the television and even games and computers.

"I think having visited the Soldiers keeps you in check with the reality of war. I think

our Soldiers' attitudes were great. Someone who has given so much short of sacrificing their lives - they keep pushing on and have great attitudes. The technology they use to rehab our Soldiers is unbelievable. The normal things we do every day, our wounded Soldiers have to relearn to do," said Maj. David Dean, commander, Charlie Company, MRB.

"During our busy office days at Fort Dix, we got a reality hit; it reminds us that there is still a war going on out there," Dean added.

After visiting the Occupational Therapy Department, the Soldiers from the MRB went

"I think it was great for us to go down to Walter Reed Army Medical Center to recognize the military and civilians behind the scenes who are working so hard for our Soldiers. The Soldiers down there that are rehabbing didn't have anything bad to say about Walter Reed or the Army."

1st Sgt. John Humphreys
Charlie Company

around to some of the other departments and recognized some of the outstanding staff members who give of themselves daily to support the Soldiers from the installation.

Palinski told the staff members that the MRB sends between 140 and 170 Soldiers a month to WRAMC for appointments, and they always receive the very best in care. She acknowledged that everybody in each department works hard for our Soldiers, but she wanted to take the time to recognize some of the staff members that really stood out.

There were members in the Allergy Clinic, the Audio and Speech Center, the Deployment Health Clinical Center, the Sleep Clinic, and others who received letters of appreciation. All of the staff, those who received the awards and the rest who did not, seemed very appreciative of the fact that someone had taken the time to recognize the hard work going on in their

clinics and departments.

Each department head took time to brief the MRB Soldiers on how they and their staff support Soldiers every day.

The MRB staff had the opportunity to eat lunch with some of their own Soldiers who are at the medical facility for treatment.

In the afternoon they visited the Malone House, a facility used for lodging Soldiers from all over who have to stay overnight or for longer periods and are not in-patients at the medical center. The lodging facility provides a lounge, laundry facility, games and television, vending machines and of course sleeping quarters for the Soldiers who need to stay there.

Staff Sgt. Bobby Lester is the manager of the Malone House and he shared how Clark had worked with him to set aside two rooms specifically for Soldiers from Fort Dix who had to stay overnight for appointments.

The MRB staff finished off their visit by taking a moment to see some former professional football players who were also at the medical center to show their support for the Soldiers, and then spent a little time visiting the WRAMC Museum.

On the ride back to the base, the Soldiers spent a lot of time contemplating their visit and the impact it had on them.

"I think it was great for us to go down to Walter Reed Army Medical Center to recognize the military and civilians behind the scenes who are working so hard for our Soldiers. They normally don't get recognition except by what directorate or clinic that they work in. The Soldiers down there that are rehabbing didn't have anything bad to say about Walter Reed or the Army. There were Soldiers missing legs and had pins in their legs that I talked to. They had nothing bad to say, period. They were very positive about the care they are receiving," said 1st Sgt. John Humphreys, Charlie Company, MRB.

"It helps us as leaders to relook at how we train our Soldiers and how valuable that training is. You got to see the Army Core Values exude from those Soldiers; loyalty, honor,

RECOGNITION -- Lt. Col. Cynthia Palinski, Mobilization Readiness Battalion commander, right, presents Elvira David of the Walter Reed Army Medical Center Sleep Laboratory a Certificate of Appreciation for exemplary support of Soldiers attached to the battalion. The colonel and her battalion staff, company commanders and first sergeants paid a staff visit to the center Nov. 17 to recognize some of the people who have gone above and beyond in support of the Fort Dix mission.



FOR THE TROOPS -- Yolanda Corbin of the Walter Reed Army Medical Center Allergy Clinic, left, receives a Letter of Appreciation from Lt. Col. Cynthia Palinski, MRB commander, for exemplary service provided to Soldiers from Fort Dix. Palinski also presents Marites Revels of the Walter Reed Army Medical Center Sleep Laboratory, below right, with a Certificate of Appreciation for exemplary support for Soldiers assigned to the battalion.

photos by Wayne Cook

personal courage, selfless service, duty, and the rest. It was encouraging and inspiring," said Humphreys.

"It was really eye opening seeing the care that our Soldiers are getting one they return from war - especially the computer care. It was really impressive. This was my first time visiting Walter Reed Army Medical Center," said Capt. Robert Hood, operations officer, MRB.

"The attitudes of our Soldiers were amazing. They are really upbeat about their situations. Not one Soldier was complaining about what the Army did to them, rather most were working hard trying to find ways to get back to their units. It's not at all like you hear on the news," said Hood.



Volunteers are needed
for

**Fort Dix Special
Observance Committees**

**Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month**

For more information call
Denise Horton at 562-4011

**Soul Line
Dance Lessons**

Sundays from 3 - 5 p.m.

at Club Dix

\$7 per person

Call (609)383-9576

NEIGHBORHOOD

THE CORNER

Post Thrift Shop ready for holiday shopping

Visit the Fort Dix Thrift Shop for all your clothing, household and gift-giving needs! We have a great line of new tile coasters, magnets, greeting cards, and jewelry that are perfect for those last minute gifts or to begin your Christmas shopping.

Of course, we continue to take consignments and graciously accept donations. Our regular business hours are:

- Tuesday and Thursday from 10 a.m. to 2 p.m.
- First Wednesday from 4 p.m. to 8 p.m.
- First and Third Saturdays from 10 a.m. to 2 p.m.

Call 723-2683 for more information.

NCO Academy looking for OPFOR Soldiers

The Fort Dix NCO Academy is looking for units that want to provide OPFOR (Opposing Force) personnel for the academy's Warrior Leader Course Situational Training Exercise (STX).

The duty would be for 2 to 3 days during the course cycle each month. The academy is looking for team- to squad-size elements that would like to hone their infantry skills and provide better training for the Army's future leaders.

Soldiers should be in status such as RST, RSTILRSBA, AGR or Mobilized. For information regarding the duty dates and equipment requirements, call Sgt. 1st Class Smith, Sgt. 1st Class Roach, Sgt. 1st Class Fierro, or Sgt. 1st Class Crutchfield at 562-6136.

Thanksgiving Eve service to be held at Main Chapel

A Thanksgiving Eve service will be held at the Fort Dix Main Chapel Nov. 22 at 7 p.m. All are welcome to attend.

RE/MAX real-estate seminar coming soon

Army Community Service, in partnership with Operation RE/MAX, will host a seminar for military spouses, active-duty and retired service members, and veteran service personnel Nov. 27 from 6 to 7:30 p.m. in Bldg. 5201 Maryland Avenue.

The theme of the seminar will be "Becoming a Real Estate Agent" and will address topics such as requirements, costs, time involved, referral agents, working from home and potential income.

A question-and-answer session will follow the presentation. Call Rod Martell at 562-2186 to register. Seating is limited to 20 participants.

Family Advocacy Program to host educational seminar

The Family Advocacy Program will host a seminar on Using Family Meetings to Create a Peaceful Home Nov. 28 from 6 to 10 p.m. for the Fort Dix, McGuire and Lakehurst communities.

Participants will receive a free raffle ticket. The raffle will be called Dec. 1 during the Installation Tree Lighting Ceremony. For more information on location and registration, call 562-4830.

Middle school to host holiday craft/gift show

The Helen Fort Middle School will host a Craft/Gift Show Dec. 1 from 5:30 to 9 p.m.

Crafter and vendor space is still available. Those interested should e-mail Monique Jones at mjoneseb@comcast.net no later than Nov. 24.

Christmas tree sales begin this week

Fort Dix Christmas tree sales will run from Nov. 24 to Dec. 23 at the Outdoor Recreation Equipment Resource Center, Bldg. 6045. Hours are Monday through Friday from 10 a.m. to 5 p.m. and Saturday to Sunday from 9 a.m. to 4 p.m. Trees start as low as \$20, and free refreshments will be available. Call 562-6667 for info.

Food safety key to happy Turkey Day

Thanksgiving is upon us, and with it comes the traditional turkey dinner. However, the improper storing, cooking, and serving of roast turkey can lead to the growth of harmful bacteria like salmonella, which can cause foodborne illness.

Consumers are advised that safe food handling of turkey and other holiday foods is essential in preventing foodborne illness. Here are some tips to prepare a Thanksgiving bird safely.

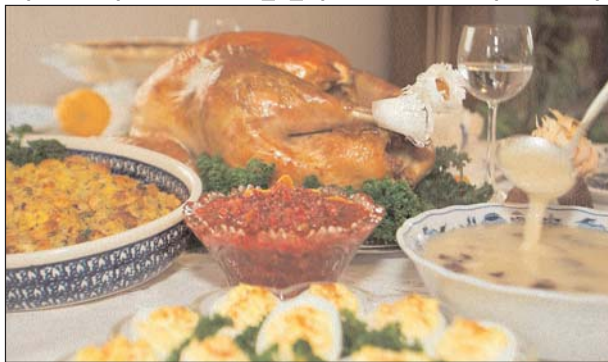
● Thaw the frozen turkey in the refrigerator. Allow one day for each five pounds of turkey. A twenty-pound turkey will take about four days to thaw. Hint: Remove neck & giblets from inside the bird as soon as possible to hasten thawing.

● Do not thaw on the kitchen counter. If you do not have time to thaw in the refrigerator, you may thaw it in cold water, provided that the turkey is in a leak-proof packaging, it is submerged, and the water is changed every half-hour. Allow 30 minutes per pound of turkey to thaw in cold water.

● Cook fresh turkeys within two days, thawed ones within four days.

● Wash your hands with hot, soapy water before and after handling raw poultry. Wash all knives, cutting boards and utensils also after using for raw poultry.

● Read and follow the cooking directions on the label. Cook turkey



until it is done (165°F). Do not slow cook overnight at low temperature or partially cook. Some turkeys come with pop-up thermometers. They are to be used only as a guide to doneness. Take the temperature with a meat thermometer to be sure the temperature is over 165°F.

● Stuffing should not be prepared a

day ahead and the turkey should not be stuffed until ready to cook. A quicker, safer method is to cook the stuffing separately in a casserole, using some of the pan juices to flavor and moisten the stuffing.

● Eat the meal as soon as it is prepared. Do not leave leftovers out on the counter or table after dinner. Cut the

meat off the bones and put it in shallow containers in the refrigerator.

● Reheat all leftovers to 165°F. (Use your meat thermometer.) Gravy should be brought to a rolling boil.

● The small bones found in turkey can cause a choking hazard for pets so keep take care in feeding animals leftovers.

Thomas Edison College offers alternative route to higher education

Wayne Cook
Public Affairs

Thomas Edison State College, in conjunction with McGuire Air Force Base, now offers a venue for service members to further their education through the College-Level Examination Program (CLEP).

The school has established its first off-site testing center in the country at McGuire, enabling military personnel and civilians to take computerized exams and instantly learn their results for most tests.

The Thomas Edison State College National Testing Center at McGuire Air Force Base was developed through a partnership between the college, the base, Defense Activity for Non-Traditional Education Support (DANTES) and the CLEP. It serves military and civilian students who are pursuing a variety of degrees, including baccalaureate degrees in business administration, criminal justice and liberal studies from Thomas Edison State College.

"The new testing center offers a convenient resource for military students and their families who are stationed at McGuire, Fort Dix, or Lakehurst Naval Air Station, as well as civilian contractors and non-military students," said

Louis Martini, director of Military Education at Thomas Edison State College.

"The ability to get the results of how a student did after completing an exam is important to our military students, who can be deployed at any time," he said.

Currently, students may take 34 different CLEP exams at the center. The only exam where the results are not immediately available is English Composition, which includes an essay. Active-duty military are eligible to take CLEP exams for free. Exam and administration fees apply to civilians and veterans. Veterans may seek reimbursement from the Veterans Administration upon completion of the exam by using their cancelled check or credit card statement as proof of receipt. For fee information call the test center at 723-1592.

The new test center is located at the McGuire Library, 2603 Tuskegee Airmen Avenue. Individuals will register to take exams at the Thomas Edison State College Office in building 1911, Room 211. Exams are administered on Mondays, Wednesdays, and Fridays at 12 p.m. in the library.

For more information call Brandi Masson, counseling assistant, Office of Military Education, at 723-6380



Jennifer M. McCarthy

Wise beyond years

Ashleigh Diskin, 9, left, and Ivy Williams, 10, hold the plaques they received Nov. 17 honoring them as the Fort Dix Volunteers of the Quarter. Diskin and Williams garnered the award for their work helping children who came through Fort Dix in July during the Israel/Palestine conflict.



Jennifer M. McCarthy

Civilians on the battlefield

Junior ROTC Cadets and members of the Battle of the Bulge veterans group joined members of the Fort Dix civilian workforce for a tour of Forward Operating Base Tiger, Nov. 20. The tour gave Fort Dix civilians a better understanding about training at the FOB.

Recruiter interviews coming to Ed Center

Briefings for potential Army recruiters will be held Dec. 15 at the Education Center, room A2 at 9 a.m. and 1 p.m.

The briefings will address the challenges, benefits and opportunities in becoming a recruiter. A personal interview following the briefing will determine qualifications.

The rewards for recruiters are many. Volunteers have the option of selecting one of nine battalions with which to serve within the Recruiting Command under the New Assignment Incentive Program.

Recruiters will also receive

\$450 per month in Special Duty Pay upon assignment to a recruiting battalion, while receiving up to \$75 in reimbursement per month for expenses, other benefits will be explained at the briefing.

Attendance by all E-4s through E-7s is highly encouraged. This briefing in no way obligates attendees to recruiting duty.

More information can be found at www.usarec.army.mil/hq/recruiter or you can call Master Sgt. Walter Hampton at (502) 626-0210, DSN: 536-0210.



photos by David Moore

Command Sgt. Maj. Stephen Emery relinquishes his top NCO duties with the New Jersey National Guard's 114th Infantry Battalion to take the helm of the Guard's Training Center in Sea Girt.

Sergeants' time



Incoming Command Sgt. Maj. Keith Stokely, above, becomes the New Jersey Army National Guard's 114th Infantry Battalion top noncommissioned officer shortly after his promotion from first sergeant during a transfer-of-authority ceremony at the Fort Dix Joint Training and Training Development Center. Five other NCOs made the coveted E-9 pay grade this weekend. The newest command sergeant majors are: Joseph Brennan, 119th Corps Support Battalion; Timothy Marvian, 102nd Reconnaissance, Surveillance, and Target Acquisition; Christopher Sheridan, 102nd Armor; and Konrad Ulschmidy, 150th Aviation.

Med group offers help

The 305th Medical Group's joint Physical Therapy center offers a variety of services, including back, core and knee strengthening classes, health and fitness information, exercise instruction and equipment, and manual therapy techniques.

The PT clinic is located on the second floor of the medical group and is staffed by five therapists.

McGuire therapists see primarily active duty only at this time, however they are available to see dependents on a space-available basis Monday through Friday, 7:30 a.m. to 4:30 p.m., excluding federal holidays and down-days.

Fort Dix therapists only see Charlie Company Soldiers who fall in the categories of deploying or redeploying. All patients must obtain a referral from their primary care manager (PCM) to utilize this service.

If you have any questions about your benefits under TRICARE or whether you are eligible to take advantage of this benefit, call a benefits counseling and assistance coordinator (BCAC) at 754-9082 or 9083.

Call 1-866-DRS-APPT or use TRICARE Online at www.tricareonline.com to schedule your appointment with your PCM to discuss obtaining a referral to this service.

Yellow banners honor Soldiers

Col. Christopher Serpa, commander, and First Sgt. Bruce Templeman clip the Yellow Banner for their unit, the 207th Headquarters Detachment Army Liaison Team. The banner will fly in Infantry Park until the unit returns from its tour in Iraq, and will then be presented to the Soldiers as part of the unit heritage. The ceremony took place in Infantry Park Nov. 18 as the Soldiers completed their mobilization training and processing and prepared to depart for Iraq. The unit is part of the 88th Regional Readiness Command, headquartered in Fort Snelling, Minn.



photos by Carolee Nisbet

Soldiers of the 303rd Military Police Company gathered in Infantry Park Nov. 18 for the traditional Yellow Banner Ceremony. Capt. Paul Hoiland, commander, and First Sgt. Rod Howard, left, display the banner that will be flown in the park until the unit returns from its deployment in Iraq. The banner will be presented to the Soldiers when they return, to become part of the unit heritage. The 303rd MPs are part of the 81st Regional Readiness Command, headquartered in Birmingham, Ala. Three rows of banners currently fly in the park, marking units that have mobilized through Fort Dix during the Global War On Terrorism.



Coffee Specialties and Freshly Baked Treats

We Proudly Brew

STARBUCKS COFFEE

Hours of Operation:

Monday-Friday: 6am-1:30pm
Saturday: 6am-10pm
Sunday: 12noon-8pm

Coffee Specialties and Freshly Baked Treats

We Proudly Brew

STARBUCKS COFFEE

Hours of Op

Monday & Tuesday: 6am-1:30pm
Wednesday-Friday: 6am-10pm
Saturday: 6am-10am/5pm-10pm

DoD launches eCarePackage program

SANTA ANA, Calif., Nov. 17, 2006 - Just in time for the holidays, Operation Homefront has launched "eCarePackage," an online service that allows caring citizens to send care packages to deployed troops and their families.

Operation Homefront is part of CincHouse.com, a community for military wives, and is a team member of America Supports You, a Department of Defense program connecting U.S. citizens with members of the military.

Servicemembers and families can register on www.ecarepackage.org, which protects their identity and location, and visitors can "adopt" them

based on common interests. Then visitors select individual items to create a customized care package for their chosen servicemember or family and include a personal message.

Operation Homefront's team of volunteers takes the order, boxes the selected items and ships them directly to the servicemember or family - always protecting their identity and physical location.

"There's nothing like a care package to cheer a deployed soldier or a lonely military family, especially during the holidays," said Amy Palmer, executive vice president of operations for Opera-

The eCarePackage program is an extension of Operation Homefront's mission to provide emergency support and morale to our troops, the families they leave behind during deployments, and wounded warriors when they return home.

tion Homefront. "With operational security for the troops so tight, we were concerned that care packages weren't getting through. So we built eCarePackage to ensure our troops and

families continue to 'feel the love' from Americans."

Items available in the eCarePackage store range from toiletries and necessities to games, books and candy. Most items were donated from sponsors, particularly The Dollar Tree, which runs its Operation Appreciation program in most stores nationwide.

Donated items are not marked up, so eCarePackage visitors often pay only the cost of handling and shipping - making eCarePackage less expensive than doing it yourself.

Moreover, Operation Homefront has partnered with DHL, which pro-

vides postal service to overseas troops, to ensure direct and timely delivery of all care packages to deployed troops.

The eCarePackage program is an extension of Operation Homefront's mission to provide emergency support and morale to our troops, the families they leave behind during deployments, and wounded warriors when they return home.

Operation Homefront recently signed a Memorandum of Understanding with the Defense Department to ensure greater collaboration between the charitable program and the United States government.

Mailing deadlines approaching

Find the best time to send gifts to friends and loved ones serving overseas. Beat the last-minute rush and take your mail to your U. S. Post Office by these suggested dates:

Military Mail Addressed to:	Express Mail® Military Service (EMMS) ^{1/}	First-Class Mail® Letters/Cards	Priority Mail®	Parcel Airlift Mail (PAL) ^{2/}	Space Available Mail (SAM) ^{3/}	Parcel Post®
APO/FPO AE ZIPs 090-092	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AE ZIP 093	N/A	Dec 4	Dec 4	Dec 2	Nov 27	Nov 13
APO/FPO AE ZIPs 094-098	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AA ZIPs 340	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13
APO/FPO AP ZIPs 962-966	Dec 19	Dec 11	Dec 11	Dec 4	Nov 27	Nov 13

1/ EMMS: Express Mail Military Service is available to selected military post offices. Check with your local Post Office to determine if this service is available to your APO/FPO of address.

2/ PAL: PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

3/ SAM: Parcels paid at Parcel Post postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

International Mail Addressed to:	Global Express Guaranteed® (GXG) ^{4/}	Global Express Mail® (GEM) ^{5/}	Global Priority Mail® (GPM) ^{6/}	Global Airmail Letters and Cards	Global Airmail Parcel Post®	Global Economy® (Surface)
Africa	Dec 19	Dec 11	Dec 6	Dec 4	Dec 4	Oct 16
Asia / Pacific Rim	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Oct 30
Australia / New Zealand	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Oct 30
Canada	Dec 20	Dec 16	Dec 13	Dec 11	Dec 11	Nov 27
Caribbean	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Nov 6
Central & South America	Dec 19	Dec 11	Dec 4	Dec 4	Dec 4	Oct 30
Mexico	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Nov 20
Europe	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Nov 6
Middle East	Dec 19	Dec 15	Dec 13	Dec 11	Dec 11	Oct 23

4/ GXG: Global Express Guaranteed is available to over 190 countries via a partnership with Federal Express. See retail associate at participating locations for a complete list of countries and money-back guarantee details. Some restrictions apply.

5/ GEM: Global Express Mail is available to over 190 countries with delivery in 3-5 business days. See a retail associate at participating locations for a complete list of countries. Some restrictions apply.

6/ GPM: Global Priority Mail is an accelerated airmail service available for items up to 4 pounds to 51 countries. The service is available in two attractive-sized envelopes. Customers can also use their own packaging by adding the Global Priority Mail sticker. See a retail associate at participating locations for a complete list of countries. Some restrictions apply.

Read The Post!

AAFES talks turkey with Thanksgiving Day sales

AAFES News Service

DALLAS, Nov. 17, 2006 - According to the National Retail Federation, more than 60 million shoppers hit the stores for "Black Friday" 2005. To help troops, retirees and their families get the most value out of their holiday shopping experience this year, the Army & Air Force Exchange Service (AAFES) is providing a host of worldwide, in-store Thanksgiving sales.

For the first two hours after the doors open, all shoppers visiting the exchange on Thanksgiving Day or the following Friday or Saturday will receive 10 percent and 20 percent off coupons valid for the next shopping day. Sunday shoppers will receive both deals, with the 20 percent off coupon valid Monday, Nov. 27 through Wednesday, Nov. 29.

Shoppers eager to get a head start on holiday gift lists can stock up on military-only savings as soon as Saturday, Nov. 18 as PXs and BXs offer 10 percent coupon off same day purchases as well as 20 percent off coupons that can be used Thanksgiving Day.

"The specials and promotions scheduled for the 18th are just a taste of what's to come," said AAFES spokesperson Lt. Col. Dean Thurmond. "From 10 percent off rear projection TVs to bath and body sets under \$5, AAFES is pulling out all of the stops Thanksgiving weekend."

With roughly half of AAFES' exchanges scheduled to open the fourth Thursday of November, authorized customers are encouraged to log onto the store locator link at www.aafes.com to verify their PX's or BX's

Thanksgiving hours. For those locations that are not open, coupons designated for Thursday will be accepted on Friday.

AAFES' "Black Friday" weekend specials will range from nearly 50 percent off a four-piece luggage set on Saturday to 20 percent off Dooney & Bourke handbags on Sunday. Main stores will also be getting into the holiday spirit as each location gives away an IPOD on Friday, Nov. 24, compliments of Schick.

Additionally, the first 100 customers through the exchange's doors beginning Thursday, Nov. 23 as well as the following Friday, Saturday and Sunday will receive a \$20 gift card. Drawings will also be held for the first four hours of shopping with four \$25 gift cards awarded each hour.

Authorized exchange customers can find the PX/BX nearest them, as well as specifics regarding local specials, drawings and holiday hours, by logging on to the store locator link at www.aafes.com.

The Army & Air Force Exchange Service (AAFES) is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff.

AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. To find out more about AAFES' history and mission or to view recent press releases please visit our Web site at <http://www.aafes.com/pa/default.asp>.

Mission TLC gives needed items to wounded warriors

While service members continue to receive top-notch care while deployed, many exchanges have a difficult time acquiring all the items Soldiers require and request.

This is where Mission TLC (Together Lending Comfort) comes in, providing frequently requested items by the nurses and wounded service members at the Combat Surgical Hospital in the International Zone. Many of these items are the same items ALL of our troops need.

If you are able to donate, please do so. Rest assured these items will get to the Soldiers, Sailors and Airmen who need them. If you have con-ex space you would like to donate to the cause, it will be appreciated. This is not a complete list,

but a compilation of some of the most frequently needed items. (All types/sizes)

- Toothpaste
- Toothbrushes
- Mouthwash
- Dental floss
- Shampoo
- Conditioner
- Razors
- Lotion (body/face)
- Body wash gel
- Shaving cream
- Shower shoes (flip-flops)
- Socks
- Boxer shorts/underwear
- T-shirts (all)
- Sweat pants
- Medical scrub shirts
- Medical scrub pants
- Shorts
- Sports bras
- Snacks

- Phone cards
- Games
- Anti-bacterial hand soap
- Body/foot powder
- Soap bars (gel is best for nurses to use on wounded)
- Over-the-counter products (topical analgesics, medicated foot powder, cold/flu, headache)
- Pens/pencils
- Manicure/pedicure tools
- Tissues/Kleenex
- Stationery/paper/envelopes (no stamps-mail is free)
- All occasion/holiday cards
- Service (ACU/DCU/MARPAT...) uniform tops/bottoms/t-shirts/socks/boots

Items can be sent at the address below.

Lt. Sharon Burns
JASG-C/COS/PAO
APO AE 09316

Announcements



Movie Schedule at Club Dix Movie Hotline 754-5139

Friday, Nov. 24 @ 7:30 p.m.
The Departed - Leonardo DiCaprio, Matt Damon - South Boston cop Billy Costigan goes under cover to infiltrate the organization of gangster chief Frank Costello. As Billy gains the mobster's trust, a career criminal named Colin Sullivan infiltrates the police department and reports on its activities to his syndicate bosses. When both organizations learn they have a mole in their midst, Billy and Colin must figure out each other's identities to save their own lives. **MPAA Rating: R.** **Run Time: 149 minutes.**

Saturday, Nov. 25 @ 7:30 p.m.
Flicka - Alison Lohman, Tim McGraw - In modern-day Wyoming, teenager Katy McLaughlin dreams of working on an and, one day, taking over her father's ranch. She tames a mustang and names her Flicka, then finds that she and her new equine companion are more alike than she imagined. After her father sells Flicka, Katy schemes to win back the horse by entering a dangerous race. Based on the novel by Mary O'Hara. **MPAA Rating: PG.** **Run Time: 95 minutes.**

Main Chapel

562-5791/562-2020
Sunday services

Protestant at 9 a.m.
Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.
Catholic CCD is held at 9:15 a.m.
Protestant-Gospel Sunday School at 10:15 a.m.

Religious Services

Islamic Prayer Services
held at noon, Monday through Thursday - Room 24
Adult Bible Study
Wednesdays at 7 p.m.
Catholic Adult Bible Study - Sundays at 11:30 a.m.
Christian Women of the Chapel
hold a Bible Study - Tuesdays, 9:30 a.m. to noon

Jewish Services
Shabbat held every first and third Friday evening at 6 p.m., followed by KIDDUSH Fellowship

Chapel 5 (Bldg. 5950) 562-4847

Memorial Prayer Service for Our Soldiers
5:45 p.m. each Sunday
Computer Room: Mon. - Fri.
9 a.m. - noon / 2-4 p.m. and 5-8 p.m.
Infant Baptism and Lutheran Confirmation
Instruction by appointment

Organizations

Chapel to conduct Torah classes
On Nov. 30 Chap. Kronenberg will conduct a class on the weekly Torah portion from 2:00 to 3:00 p.m. Refreshments will be served. On Friday, Nov. 24 at 6:00 p.m. a Thanksgiving Shabbos service will be held at the Chapel followed by an Oneg Shabbos. For more information call the Fort Dix Chapel at 562-4806.

Qualified teachers needed
Experienced, qualified teachers are needed to teach youth classes in ballet/dance, tumbling/kinder gym and Spanish. For more information call Ft. Dix Child and Youth Services at 562-2242.

Black History committee
The Fort Dix Black History Observance Committee needs volunteers. If you are interested in serving on the Black History Observance Committee, please call Fay Marshall-Dense at 562-2666.

Thrift Shop offers gifts for holidays
Visit the Fort Dix Thrift Shop for all your clothing, household and gift giving needs. They have a great line of new tile coasters, magnets, greeting cards, and jewelry that are perfect for those last minute gifts or to begin your Christmas shopping. Consignments and donations are graciously accepted. Our regular business hours are: Tuesday and Thursday 10:00 a.m. to 2:00 p.m., the first Wednesday of the month from 4:00 p.m. to 8:00 p.m., and the first and third Saturday of each month from 10:00 a.m. to 2:00 p.m. For more information call 723-2683.

24-hour Hotlines

Sexual Assault.....562-3849
Victim Advocacy.....694-8724
Child/Spousal Abuse.....562-6001
Emergencies.....911

Or, visit the Fort Dix Department of Defense Police Department in Bldg. 6049 on 8th Street.

Family Advocacy
562-5200
Chaplain
562-5721/2020
American Red Cross
562-2258
Army Emergency Relief
562-2767

NCO Call at Club Dix Wednesdays at 6 p.m.

Holiday Hours

PX/BX -
Mon-Sat- 9 a.m. to 9 p.m.
Sun. - 9 a.m. to 6 p.m.
Thanksgiving Day - 8 a.m. to 1 p.m.
Nov. 24-25 - 6 a.m. to 10 p.m.
Dec. 11-23 - 8 a.m. to 10 p.m.
Dec. 24 - 8 a.m. to 6 p.m.
Closed Christmas Day
Dec. 26-30 - 10 a.m. to 8 p.m.
Dec. 31 - 10 a.m. to 6 p.m.

Shoppette/Class Six
Thanksgiving - 8 a.m. to 5 p.m.

Commissary
Nov. 22 - 9 a.m. to 8 p.m.
Closed Thanksgiving Day
Nov. 24 - 10 a.m. to 6 p.m.

Java Cafe @ Club Dix
Nov. 23
Computers - noon - 6 p.m.
Nov. 24-25
Cafe- 8 a.m. - 1 p.m.
Computers - 8 a.m.- 6 p.m.
Nov. 26
noon - 8 p.m.

Club Dix
Nov. 23-27 - Closed for lunch
Nov. 23-27 - Bar closed

Army Community Service Bldg. 5201 562-2767

Hours of Operation:
7:45 - 4:30 p.m.

November Schedule

Hearts Apart
28 November
10 a.m. - 1 p.m.
ACS.

**Maintaining Family Connections
During Deployment**
30 November
11:30 a.m. - 12:30 p.m.
Child Development Center

Lunch and Learn Series
at Fort Dix Child Development
Center
Thursdays
11:30 a.m. - 12:30 p.m.

Coming Dec. 16
'Surviving your adolescents: How to manage and let go of your 13-18 yr old

For more information call
Deraiah Wilson at 562-4830

Youth Center Bldg. 1279 Locust Street 562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

November Schedule

Nov. 23-26
Closed

Thanksgiving Holiday

Mondays - Fridays
Power Hour
2 - 4:30 p.m.

Computer Lab
4:30 - 6:30 p.m.
(except Oct. 19, 5 - 6:30 p.m.)

Tuesdays
SMART Moves
3:45 - 4:45 p.m.

Wednesdays
Sports and Fitness
3:35 - 4:45 p.m.

Thursdays
Tech Club
3:45 - 4:45 p.m.

Fridays
Arts and Crafts
3:45 - 4:45 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

MOBILIZATION NEW YOU CAN USE

WDIX
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Post Shuttle Bus

562-5888
Monday to Sunday - 7 a.m. to 10 p.m.
During the day *Star Tour* buses are used.
In evening the military Bluebird buses are run.

Dix Shoppette/Class Six/ Gas Station

723-0044
Bldg. 5359, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mall

723-6100
Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Commissary

754-4154
Monday to Friday - 7 a.m. (early bird) to 8 p.m.
Saturday - 9 a.m. to 8 p.m.
Sunday - 10 a.m. to 7 p.m.

Military Clothing/Sales Store-Alterations

723-2307
Bldg. 5601, Texas Ave.
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Club Dix

723-3272
Dix Cafe
Tuesday to Friday 11 a.m. to 1 p.m.
Revolutions Lounge
Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Recreation Center

562-4956
Bldg. 5905 on Doughboy Loop.
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.
AT&T Cyber Zone offers computer access for a fee

Dining Facilities

Bldgs. 5640 and 5986
Breakfast Mon - Sun 5:30 to 7:30 a.m.
Lunch Mon - Sun 11:30 a.m. to 1:15 p.m.
Dinner Mon - Sun 4:30 to 6:30 p.m.
Bldg. 5517
Breakfast Mon - Sun 6:30 to 8:00 a.m.
Lunch Mon - Sun 11:30 a.m. to 1:00 p.m.
Dinner Mon - Sun 4:30 to 6:00 p.m.

Outdoor Recreation

562-6667
Bldg. 6045 Doughboy Loop
Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Java Cafe and Computer Lab @Club Dix

723-3272
Monday - Tuesday - 7 a.m. to 2:00 p.m.
Wednesday - Friday - 7 a.m. to 10 p.m.
Saturday - 7 a.m. to noon / 5 p.m. to 10 p.m.
Sunday - noon - 10 p.m.

McGuire Gas Station

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 7 p.m.
Sunday - 9 a.m. to 6 p.m.

Firestone

723-0464
Bldg. 4201 on Texas Ave.
Monday through Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

McGuire Shoppette

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Thursday - 6:30 a.m. to 9 p.m.
Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 10 p.m.
Sunday - 9 a.m. to 7 p.m.

Burger King

723-8937
Bldg. 5399, Texas Ave.
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

Spouses' Club Thrift Shop

723-2683
Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of each month - 4 to 8 p.m.
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

Fort Dix Post Office

723-1541
6038 West 9th St.
Monday to Friday - 8:30 a.m. to 4:30 p.m.
Saturday - 9:00 a.m. to noon



MILITARY MATTERS

Bullets

NORAD's Santa-tracking site opens for 2006 holiday season

●PETERSON AIR FORCE BASE, Colo., Nov. 20, 2006 - In advance of the holiday season and its 51st season of tracking Santa Claus on his annual journey around the world, the North American Aerospace Defense Command last week activated its "NORAD Tracks Santa" Web site for 2006.

The program has grown immensely since it was first presented on the Internet in 1998. Last year, the Web site received 912 million "hits" from 204 countries and territories. In addition, the NORAD Tracks Santa Operations Center, occupied by 550 volunteers on Christmas Eve, answered nearly 55,000 phone calls and nearly 98,240 e-mails from children around the world.

The Web site - www.noradsanta.org - features the history of the program, information on how NORAD tracks Santa and interactive games. On Dec. 24, beginning at 2 a.m. Mountain Time, the Web site will feature a minute-by-minute update on Santa's travels around the world. All of this information is available in English, French, German, Italian, Japanese and Spanish.

Island Web Studios, America Online, Akami, Analytical Graphics, Globelink Language and Cultural Services, Qwest Communications, Verizon, and Microsoft Virtual Earth help to make the program possible, NORAD officials said.

Rules for National Guard, Reserve troop rotations remain unchanged

●WASHINGTON, Nov. 17, 2006 - The National Guard and Reserve are still operating under the same rules for mobilization length, and no troops have been mobilized for longer than the allowed 24 cumulative months, the top Defense Department official for reserve affairs said here today.

The current law actually allows President Bush to mobilize up to a million guardsmen and reservists for 24 consecutive months, but Defense Secretary Donald H. Rumsfeld made the decision to make the rule 24 cumulative months, to relieve stress on the force, Thomas F. Hall, assistant secretary of defense for reserve affairs, said in an interview.

Hall explained that the 24-consecutive-months rule, in the strictest sense, could actually see a guardsman mobilized up until one day short of the two-year mark, and then remobilized after a one-day break. Using the cumulative rule allows the reservist or guardsman to maintain balance among military service, family and employer, Hall said.

"We need to maintain that balance so that our employers will continue to support us, (and) our families will continue to support us," he said. "As you would well understand, if you don't get that support as a guardsman or reservist, it's very hard for you to serve."

Currently no guardsmen or reservists have been mobilized longer than 24 cumulative months, Hall said, and DoD thinks this is a sustainable arrangement. Many troops have served months short of two years, and are still available to go back, he said. However, officials are always examining force requirements, and could switch to the consecutive rule, he said.

"We're not there yet, where we have used up our assets," he said. "But should that happen, and Congress wishes to change the law or give us additional authority, they can certainly do that. I have full confidence that Congress, working with us, will give us the authorities we need as well as the funds and as well as the equipment they always have."

Some guardsmen and reservists have been mobilized a second, third or even fourth time, Hall acknowledged, but almost all of them have been volunteers. Many of the troops believe in the cause they're fighting for and are asking to go back, he said.

"They are very loyal; these young men and women want to support their buddies and shipmates in a particular unit, and they volunteer to go back with that unit, even if they've gone before," he said. "They are fast becoming the next greatest generation."

DoD's goal is to get the National Guard and Reserve on a schedule where units deploy for one year, and have five years at home, Hall said. For active duty, the goal is a one-year deployment with two years at home. DoD is working toward that goal, but still has progress to make, he said.

"The war on terror is not going to go away, so we have to have a long-term view; we have to look over the next 20 years," Hall said. "We have not changed our requirements; we've not changed our metrics. We are in a transition period. We're working towards those goals. In the intervening time, we might have to send someone quicker than we want."

Lightning brigade joins First Army

1st Lt. Antonia Greene
5th Brigade PAO

Soldiers from the 5th Brigade headquarters traded lightning bolts for letters during a ceremony held here Nov. 6.

In accordance with the creation of First Army East (1A-E), the 5th Training Support Brigade, which had belonged to the 78th Division, has been realigned under the ARFORGAN transition.

Sgt. 1st Class John Avedisian, 5th Brigade Soldier of the Quarter, was chosen as the master of ceremonies. Avedisian, who had been with the 78th Division for more than 22 years, had the honor of exchanging patches with Col. Michael Miklos, 5th Brigade commander.

The 5th Brigade was organized in December 1917 at Camp Dix. It consisted of three regiments - the 309th, 311th and 312th. The brigade was in three major campaigns during World War I - Meuse-Argonne, St. Mihiel and Lorraine. During World War II, the 5th Brigade was again involved in three major campaigns - Rhineland, Ardennes-Alsace, and Central Europe.

The brigade was then reorganized as a Reserve Corps training element of the 78th Division. In 1999, it was re-designated under FORSCOM and activated at Fort Meade, Md., with a new mission to synchronize, coordinate, and execute training support and evaluations for reserve component units within its geographical area of responsibility.

Since the tragic events of September 11, 2001, the 5th Brigade has mobilized and trained nearly 100,000 Soldiers in support of Operations Iraqi Freedom and Enduring Freedom, and continues to conduct pre-deployment operations.

According to 1st Sgt. Garret McAdoo, the change to 1A-E as the 5th Brigade higher headquarters is a positive.

"First Army has always been our main support for funding pre-deployment and mobilization training. The transition will only aid in our effectiveness to achieve successful mission accomplishment."

The effective date of the patch change was Nov. 1.



1st Lt. Tracy Frink, First Army

CHANGE OVER -- Sgt. 1st Class John Avedisian, left, changes the unit patch of Col. Michael Miklos, 5th Brigade commander, during a Nov. 6 ceremony. The 5th Brigade, which had belonged to the 78th Division, is now part of First Army. Command Sgt. Maj. Louis Tinsley, right, bares witness to the historic event.

WDIX
Channel 2
24/7
information



Chaplains' Corner

Chap. (Lt. Col.) Lee Hardgrove
deputy installation chaplain

On this Thursday, almost all Americans will gather around the table for the Thanksgiving Day dinner and celebration. This holiday is one that probably more of us participate in than any other holiday celebration during the year. Not all celebrate the same religious or patriotic holiday, but most do give honor to Thanksgiving.

Many have said that Thanksgiving is not truly a religious holiday like Christmas or Passover or Ramadan, and yet most of us will give thanks to a God of our own tradition. This is the one day of the year when many families who do not pray before meals seem to do so. Even on television during this time frame it is "politically correct" to pray on Thanksgiving (although it amazes me how some of these prayers make no reference to any god, just thankfulness).

But why all this fuss over giving thanks on this one day of the year that includes eating too much, football, and parades (has the cook in your family learned the art of having the meal ready exactly as the Dallas Cowboys or Detroit Lions make it to half time)?

In my tradition as a Christian, I am told to give thanks to God every day for my blessings.

There is even a song called "Counting Your Blessings," which I tend to hear only at this time of the year. Another favorite is "Bless This House." Am I not thankful for my blessings including my home (literal and spiritual) the rest of the year?

I once was attending a support group when one of the persons said, "When I feel like things are not going well or the world is against me, I remember to have an 'attitude of gratitude.'" The person went on to say that at these times it is good to make a list of what we are grateful for and to give thanks to God for all these blessings. It is good to do that each day, because most of us have so much to be grateful for, including family, faith, friends, freedom, and for most of us good health and prosperity. Some of the most grateful persons I know have the least in material things but their faith is so strong and they are so thankful for their God they celebrate the blessings they have with joy and grace.

As we gather at the table this year, perhaps take a few moments to think about what you are really grateful for and share those things and then ask God to let you give thanks for those things and others on Friday (unless you are too busy shopping !!!) and Saturday as well. Let us be thankful to God and have that "attitude of gratitude" all year long.

**FORT DIX
WANTS YOU**



**TO BE A
MAYOR!**

MAKE A DIFFERENCE

Fort Dix is looking for interested residents who would like to volunteer for the Fort Dix Mayors Program

The neighborhood Mayor is a volunteer who talks to the Command, to DPW, and the DOD Police to insure and improve the Quality of Life for all residents

For those residents who want to make sure the Fort Dix community is the best it can be please contact

Call Army Community Service at 562-2767



1st Lt. Antonia Greene, 5th Brigade PAO

Visiting VIP

Maj. Gen. William Wofford, deputy commanding general (Army National Guard), U.S. Army Forces Command (FORSCOM), left, learns about the Defense Advanced Global Positioning System Receiver (DAGR) from Spc. Vito Forlano, 2/310th Training Support Battalion, 2nd Brigade, 78th Division, during a visit to Fort Dix.

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Log on today

New and improved to better serve

YOU



ARTS & CRAFTS

Bldg. 6039
Philadelphia Street
562-5691

Registration & sales store hours:

Tuesday-Thursday
noon-5 p.m. & 6-8:45 p.m.
Friday
11 a.m. - 4:45 p.m.
Saturday
9 a.m. - 4:45 p.m.

SPECIAL HOURS
Nov. 22, 9 a.m. - 5 p.m.
CLOSED Nov. 23-25

PROGRAMS

Adult Craft Classes
Tuesdays, 6 - 8:30 p.m.
Nov. 28...Christmas Tree Skirt
Nov. 30...Evergreen Wreath
\$5 fee plus materials

Krafty Birthdays
Arts & Crafts offers Krafty Birthday Parties! Parties include up to 2 hours of party room use, one craft project with instruction and all materials, plus a digitally mastered photo T-shirt for the birthday child! Call or stop by today for details! When making party

reservations, please make sure to stop by in order to choose the craft and make payment.

Create A Critter

Discover a menagerie of adorable animals to stuff, dress, and cuddle. From the basic teddy bear to giraffes and lions, we've got them all! Great fun for the whole family.

Quilts For Kids

Dec. 9 from 11 a.m. - 3 p.m.
Volunteers needed to make quilts for kids in long term healthcare, hospice and safe houses. No experience needed. All you need to bring is your desire to help others while you learn to sew and machine quilt. All levels of experience welcome. There is no fee to join.

Kids Craft Classes

Saturdays, 2:30 - 4 p.m.
Dec. 2...Holiday Stocking
Dec. 9...Holiday Tree
\$5 fee plus materials
Pre-registration required

Framing Qualification Classes

Dec. 2 from 9 - 11:30 a.m.
Dec. 6 from 6 - 8:30 p.m.
Get qualified to use this great facility and equipment! You'll complete one piece (cost of which is not covered by registration fee) about 8 x 10" which you must supply as you

learn to operate the equipment. All materials are available for purchase at the frame shop.

\$10 registration fee
pre-registration required

Contemporary Ceramic Studio

Tues. to Thurs., noon to 5 p.m. & 6 - 9 p.m.
Friday, 11 a.m. - 5 p.m.
Saturday, 9 a.m. - 5 p.m.
The Contemporary Ceramic Studio offers a large selection of bisque pieces to choose from to decorate and paint. All finished pieces are food, microwave, oven, freezer, and dishwasher safe. We have lots of idea books, traceable designs, tools, and an experienced staff to help you create a finished piece you will love. Just come in, pick out your piece, and we will help you with the rest. There is no time limit on completing your project, so you can relax and enjoy our friendly, creative atmosphere for as long as you like!

Santa's Elves Night

Dec. 9 from 5 - 10 p.m.
Come enjoy a night with your friends and family to finish up your holiday projects and gifts and receive 20-percent off your purchases. Also enjoy tasty cookies and hot chocolate. You'll love the late night from 5 to 10 p.m.



Army Community Service (ACS)*

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

Looking for information and assistance? ACS is here to serve you. ACS serves all military branches of service, DoD civilian personnel and retirees. The ACS Center is accessible to individuals with disabilities.

*A Department of the Army Accredited Soldier and Family Service Organization

Honoring the Colors

Reveille 6 a.m. (0600 hours)

**Military personnel
in uniform**

Stand at attention,
face the flag and
salute at first note.

**Military personnel
not in uniform,
civilians**

Stand at attention,
face the flag and
place right hand over
heart at first note.

**Military personnel
in formation or
in a group**

Senior Soldier calls
group to "Attention,"
then "Present, Arms"
at first note. Calls
"Order, Arms" at
conclusion.

**Individual military
personnel, civilians
in a vehicle**

Stop vehicle and exit.
Follow steps above.

**Group of military
personnel in a vehicle**

Stop vehicle. Individual
in charge exits and follows
steps above.

Retreat 5 p.m. (1700 hours)

Stand at attention,
face the flag for
Retreat, then place
salute at first note
of *To the Colors*.

Stand at attention,
face the flag for
Retreat, then place
right hand over heart
at first note of
To the Colors.

Senior Soldier calls
group to "Attention,"
then "Parade, Rest"
at first note of
Retreat. Calls
group to "Attention"
and "Present, Arms"
at first note of *To the
Colors*, then "Order,
Arms" at conclusion.

Stop vehicle and exit.
Follow steps above.

Stop vehicle. Individual
in charge exits and
follows steps above.

Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)
Call to Quarters.....9:30 p.m. (2130 hours)
Taps.....10 p.m. (2200 hours)

**NCO Call
at Club Dix**

Wednesdays at 6 p.m.

WDIX Channel 2

24/7 information

Peewees season reaches end of road



Ed Mingin
Public Affairs Staff

After coming back from a 20-point deficit for a dramatic overtime victory against the New Egypt Warriors last weekend, the Fort Dix Chargers Peewee team lost 27-7 against Cinnaminson this past Saturday. The loss ends the season for the Chargers, who had already advanced through one round of playoff action.

"In big games you cannot have turnovers and penalties and expect to win," said Chargers head coach Steve Uzleber.

Cinnaminson got on the scoreboard first, but the Chargers struck back, tying the score. After that, it was all Cinnaminson.

"After many mistakes we lost to a very good Cinnaminson team," said Uzleber.

Still, there were plenty of good things for the Chargers to take away from this season. They finished with a record of 8-3.

They were involved in several close games and managed to maintain their composure, pulling out victory in the final seconds of several of these games.

Even when they were far behind, like in last week's game against New Egypt, the Charge-

ers kept fighting and took the victory.

"Over all I feel it was a very successful season," said Uzleber. "We have some young skilled players that should return next year."

Uzleber and his coaching staff also realize that at this level of football, there is more involved than just winning and losing.

"At the end of the game I asked the players if they had fun, and did they learn anything and they all replied, 'Yes coach,' so I feel we all did our job," he said.

Several players on the team will not be with the Peewees next year, as they will be moving up to the Midget division, moving away, or moving on in some other fashion.

"I want to wish farewell and good luck to Anthony Shoffner, Troy Savage, Brandon Hawkins, Brandon Cromwell, Kevin Rafferty, and Chase Geurin. I have been with these players for several years and it's now time for them to move on," said Uzleber.

Football season may be barely over for the coach, but he already has his sights set on his next challenge.

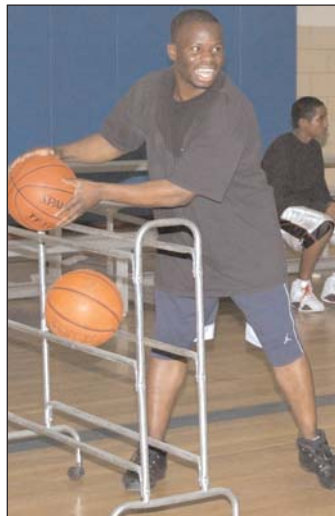
"It will take awhile to wind down from the season," said Uzleber. "Basketball is near and that is what I will be focusing on next."



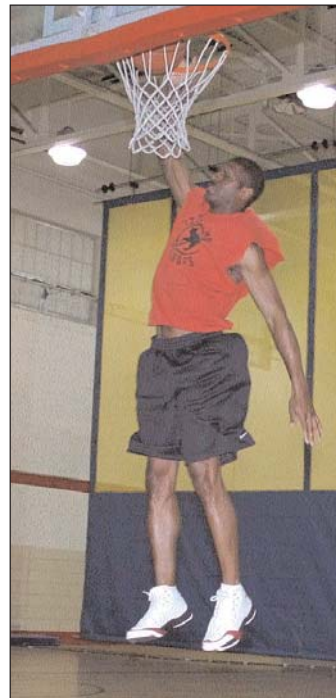
photos by Ed Mingin

END OF THE LINE — The Peewees put together an 8-3 season and advanced to the second round of playoff competition. Troy Savage, above, and Brandon Cromwell, left, had their sights set on a championship. They nearly achieved their goal, but the team lost 27-7 to Cinnaminson this past Saturday.

Smith, Williams hold court at Doughboy Gym



photos by Ed Mingin



Jack Smith, at right, ruled the slam dunk competition. Smith also won the event last year. The three-point competition was a close battle, with Cedrick Williams, left, winning the event. Abubakur Conteh, above center, and James Davis, below right, were in the hunt, but Williams topped all comers. Davis took second place in both the slam dunk and the three-point events.



Turkey Trot

Nearly 60 runners gathered at the Griffith Field House to take part in the Turkey Trot. Maj. Jesse Arnstein was the first runner across the line, completing the 5K run in 18:12. The first female finisher was 1st Lt. Amy Meador, who finished the race at 25:30. A raffle was held at the completion of the run to give away six turkeys for the upcoming holiday. Look in next week's Post for race results and more photos.

photos by Ed Mingin

